

New Client Offer:
Get started right with a Private Session for only 50€
(Highly recommended)

Private Sessions – One to one Pilates session on the Reformer, Cadillac, Chair or Mat.

- Here, it's all about you. Customized attention so you see the results.
- Recommended for clients with injuries and back pain
- Prenatal clients get personalized attention.

Pricing – 1 session – 70€
5 sessions – 325€

Duet Sessions - Like a private session, the Pilates duet is designed similarly but includes the fun of sharing it with a friend, partner or co-worker. These sessions can incorporate the Reformer, Tower, Chair and Mat.

- With Pilates duet sessions you save money but still receive individualized attention from a Pilates instructor.
- Perfect for Pre or Postnatal clients.

Pricing – 1 session – 40€ per person
5 sessions – 175€ per person

Trio Sessions - With a maximum of three students, these classes are the perfect blend of a group class and a private session.

- Trios can be done on the Tower and Mat.
- Great for Pre or Postnatal clients with the addition of fit balls.

Pricing – 1 session – 30€ per person
5 sessions – 125€ per person

Mat Classes - Mat classes are everywhere, but the classical ideals and principles, which make for a truly challenging mat class, are mostly found at Pilates studios.

- With a maximum of six clients in a class you still get personalized attention and cues.

Pricing – 1 class – 20€
5 classes – 75€

****All appointments and classes are subject to a 24-hour cancellation policy. If you fail to cancel prior to 24-hours in advance you will be charged for the full amount of the scheduled session.****

****All packages have a six month expiration date.****